

# ROID RAGE PT 2

Potency	Common Steroid	Strength	Duration	Apply	Where to use?
Low (Group VI- VII)	Hydrocortisone	0.5% 1% 2%	1-2 wks	2-4x /day	All Sensitive Areas! All Kids! Face, Eyelids, Genitals, Diaper Rash, Hemorrhoids
Medium (Group IV- V)	Triamcinolone	0.5% 0.1%	2 wks	2-4x /day	All over the body! EXCEPT face and skin folds! Most Derm Stuff in Adults Atopic Dermatitis Seborrheic Dermatitis
High (Group I-III)	Betamethasone	0.05%	< 3 wks	1-2x /day	All Resistant Dermatitis Lichen planus Psoarisis Poison Ivy Severe

\*The strength of a steroid is *not* proportional to the percentage! For example, a 0.01% Class I steroid may be hundreds of times more potent than a 2% Class VII steroid.